

## St John First Aid: Object in Eye

If foreign objects such as loose eyelashes, grit, dust, or insects enter the eye, follow these steps:

- Do not rub the eye as this may damage the cornea or other parts of the eye.
- If the object is small and is not embedded, it may be washed out by natural 'watering' (tears).

If this is not successful:

- Ask the person to look up.
- Gently draw the lower lid down and out.
- If the object is visible, remove it using the corner of a clean moist cloth, or gently grasp the lashes of the upper lid and pull lid down and over lower lid.
- If not successful, wash the eye with a gentle stream of sterile saline or clean water.
- If still not successful, manage the injury as an embedded object – cover the injured eye with an eye pad or clean dressing, and seek medical aid.



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“ Vision without action is a daydream. Action without vision is a nightmare. ”

Japanese Proverb.

# LOOKING STRAINED?

Many people suffer eyestrain from using computers, but simple changes at work can relieve many of the symptoms.

**D**o you often experience sore, aching eyes, headaches, or blurred vision? If so, you could be one of the many people who suffer from eyestrain, a widespread problem among computer users.

The symptoms of eyestrain include:

- Eye irritation, such as sore, tired, burning, itching, or dry eyes;
- Blurred vision – near vision as well as distance vision;
- Headache, backache, or sore neck;
- Fatigue, accompanied by aching, heavy eyelids or forehead; and
- Increased sensitivity to light.

The main causes of eyestrain are poor lighting, glare, and, in particular, focusing the eyes for extended periods on a fixed object at close range.

While any concentrated visual work can lead to eyestrain, the demands involved in working at a computer for hours are more intense than most other kinds of close work.

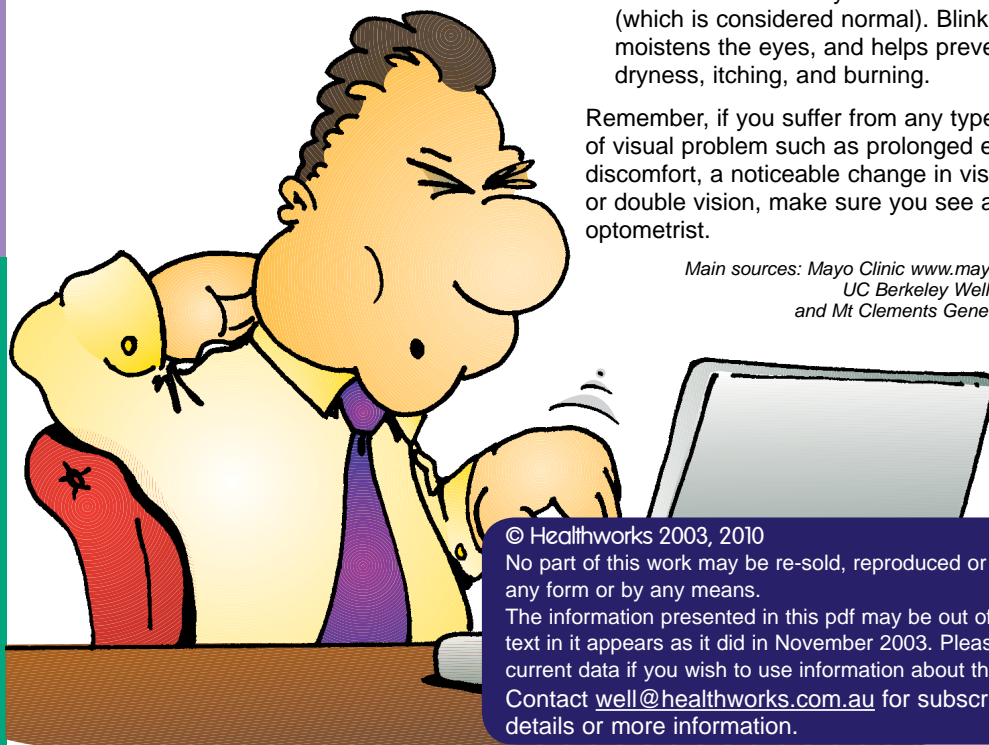
Although eyestrain associated with computer work hasn't to date been linked to serious or long term problems, some specialists believe that, over time, it may lead to focusing problems and *myopia* (short-sightedness), particularly in children.

Bearing this in mind, it's probably wise to prevent and relieve eyestrain by changing a few work habits.

- When at your workstation, ensure your feet are flat on the floor or a footrest, and you can readily maintain good posture.
- Position your screen 10 to 20 centimetres below eye level, so you gaze down at the centre of the screen, and avoid straining your neck.
- Position your documents at the same level as the screen, to stop your eyes constantly readjusting.
- Limit glare by adjusting the lighting in your work area, minimising reflections from windows or overhead lights, and dusting the screen frequently.
- Increase the type size on screen if you find it uncomfortably small. If this is not possible, and you can't easily see the type, ask your optometrist to prescribe glasses for computer use.
- Take breaks from the monitor every 45 minutes – get up, stretch, and move around. Give your eyes a break every 10 minutes by looking away from the screen and into the distance for 10 seconds, and closing your eyes for a few moments to relax them.
- Blink! It's easy to get dry eyes when looking at a screen, particularly if you also work in a dry, air-conditioned environment. Some people blink only once a minute when at the computer, instead of once every five seconds (which is considered normal). Blinking moistens the eyes, and helps prevent dryness, itching, and burning.

Remember, if you suffer from any type of visual problem such as prolonged eye discomfort, a noticeable change in vision, or double vision, make sure you see an optometrist.

Main sources: Mayo Clinic [www.mayoclinic.com](http://www.mayoclinic.com);  
UC Berkeley Wellness Letter;  
and Mt Clements General Hospital.



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